

# Daily Word



F E B R U A R Y    1 9 5 4

# Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding and inspired to right action for the good of all mankind.

ILLUMINATION (11 a.m.): Through Jesus Christ I am spiritually awakened to the good and the beautiful everywhere.

PROSPERITY (12 noon): Love is the magnet that establishes my prosperity, and abundance flows to me from every direction.

HEALING (9 p.m.): I am filled and thrilled with the healing power of God's love, and I rejoice in health of body and peace of mind.

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DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: Unity, You, Weekly Unity, Good Business, Daily Word, and Unity Sunday-School Leaflet at \$1 a year, and Wee Wisdom at \$2 a year.

# DAILY WORD

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Vol. 60

FEBRUARY, 1954

No. 2

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## DAILY LESSONS FOR FEBRUARY

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# *Prayer Is a Home-Coming*

## A DRILL IN THE SILENCE

(For more than sixty years Silent Unity has been practicing the silence, and we know how much good an individual can gain from mental discipline. We do not mean that it is necessary for one to go through a mind drill in order to secure God's help. But we do know that regular drill in the silence will prepare one so that with calm assurance he can unify himself with God instantly anywhere and meet any need that may arise.

Such drill will be especially beneficial to Truth students who seem to have difficulty in entering the silence. But even the advanced student will find in it a source of bodily renewal, poise, and assurance. Home-coming after a long journey—what is better than this? And what is better after the tumult of the world than to turn again to God?)

**T**HERE is a place to which you can turn for rest and release from fear and care. It is a holy place. Stillness fills it. The peace of God is in it. There your mind becomes as a little child's, lovely and true and pure. There your thought is stayed on the things that are good and just and merciful. When you enter there the world outside and all your troubles drop away, and you rise at last body stilled, mind stilled, refreshed, and restored.

This place is not far away or difficult of access. It is right where you are now. It is right where you are whenever you shut the doors of the senses, still the importuning of little thoughts, and go along with God. It is the place of the silence.

It is not hard to enter the place of the silence. If it seems hard to you, perhaps you have been making it hard. *Silence not hard to enter* No one can fight his way through to God. Weeping and pleading are futile. You must let go and let God.

Some persons link the silence with occultism and look for fantastic psychic experiences from it. The purpose of the silence, however, is not to have visions or to see colored lights. Such things serve only to distract the individual from his true purpose, which is communion with God.

On the other hand, the silence is not a state of daydreaming or sleep. If you feel sleepy, do not try to pray unless you first can waken yourself by saying, "Awake, thou that sleepest." The silence demands such wakefulness as is required at no other time. It is your appointment with God.

In practicing the silence you should always try to be relaxed in body and receptive in mind.

"Underneath are the everlasting arms." Say this quietly. Feel the presence of God freeing you from every thought of tension. Let your whole body—

**Relax** every nerve, every muscle, every cell—relax and let go. Wherever you feel any tension, relax and let go. If you feel tense across your forehead, say, "Relax and let go." If your eyes feel strained, say, "Relax and let go." If you are tense in any other part of your body, say, "Relax and let go," until from the top of your head to the soles of your feet you are perfectly relaxed. This concludes the first step in the drill.

"Be still, and know that I am God." Say this silently. Repeat it until the words take on new meaning, a living meaning, and you feel the stillness deep down inside with your whole mind, your whole being.

This is the second step in the practice of the silence, and it is perhaps the most important of all. Only in stillness can you unify  
**Be still** yourself with God, only when thoughts and feelings are quieted and the doors of the senses are shut. Not through our human powers and understanding do we attain our good, but through letting go of doubts and limiting personal claims and turning to God.

"Be still, and know that I am God." Know it. Know it now. You are comfortable, relaxed, still. You are in the presence of God.

Turn your attention now to the top of your

head and say silently or aloud, as you wish, "I am the light of the world."

In the practice of the silence you will find it wise to use affirmations, for they will help you to direct and to control your thoughts. But there is a surer speech than that of syllables, a higher communion than that of words. God hears your inmost thoughts. Your faith and love speak for you. Your faith and love unify you with Him, make your mind His mind, your body His body, your spirit His Spirit, your life His life, your will His will.

*Using  
affirmations*

You do not have to cajole or coerce God; His love has already encompassed the fulfillment of your needs. It is only you that your prayers have to change. Use affirmations to direct your thoughts, to make them clear, sharp, pointed; then be still and listen. It is God's voice that you wish to hear.

*Prayer  
changes you*

"I am the light of the world." Declare this. Then be still until you actually feel the light of Spirit through you and over you, until you feel yourself immersed as in a sea of light, your whole being illumined, awake, exalted, the "light of the world."

*Light*

Now, center your attention just above the eyes

and declare, "I am divine intelligence."

Emerson said, "The only real prosperity that I can have is a rush of ideas." Divine Mind is a reservoir of ideas, good ideas, yours to draw on, yours to use. No sluggishness, physical or mental, no doubt or fear can remain in you, for you have opened your mind to the inspiration of God. You are alive, awake, alert, joyous, and enthusiastic. You are divine intelligence.

Now, center your attention at the eyes and say, "I see with the eyes of Spirit."

Your eyes are the watchful servants of a mind that sees only the perfection of Spirit. All sense of tension or fatigue is dropping away from your eyes before the inflow of divine energy. They are strong, clear-seeing eyes. Your spiritual vision, too, is renewed. You see Truth more clearly. You see with the eyes of Spirit.

Centering your attention at the throat, affirm, "All power is given unto me in mind and body."

The power of God is working through you to free you from every negative influence. Nothing can hold you in bondage. You are the **Power** overcomer, a son of God. All power is yours to control your thoughts, to vitalize your body, to gain success, to bless others. Unleash your spiritual forces. All power is given unto you in mind and body.



Now, fix your thought at the back of your neck and say, "I am unfettered and unbound."

You are free with the freedom of Spirit. No false condition has any power over you. You are the Christ, a son of the living God. Poised in the consciousness of your Christ mastery, you are unfettered and unbound. *Freedom*

Now, directing your attention toward your back, declare, "I am strong in the Lord and in the power of His might."

Your yoke is easy, and your burden is light. The strength of the Lord is pouring through your spinal column, strengthening nerve and bone. No longer bowed by burdens—your own, your family's, or the world's—your back is straight and sturdy. Free, poised, lighthearted, you face life confidently, strong in the Lord and in the power of His might. *Strength*

Turn your thought toward your heart and declare, "I am the expression of divine love."

Love transforms. Love transfigures. Love fills the heart with harmony. Love fills the mind with kind, helpful thoughts. Love fills the lips with words of praise and cheer. Love fills life, fills it to overflowing with happiness and peace. Whatever the need or problem, divine love is the answer. *Love*

Now, fix your attention at the pit of the stomach and say, "I am satisfied with divine substance."

The substance of God erases fatigue from your body, renews tissues, replenishes energy. It stabilizes your mind. It prospers your affairs. Every longing of your heart, every need of your life is fulfilled.

**Substance**

You are satisfied with divine substance.

When you have gained a full realization of substance focus your attention at the navel and realize, "Divine order is established in my mind and body."

The law is unchanging, absolute. Now you are in harmony with this law. It governs and guides you. It is active in your mind, harmonizing your thoughts. It is active in your body, adjusting its functions. It is active in your affairs, establishing peace, success, and joy. Divine order is established in your mind and body.

**Law**

Now, center your thoughts at the lower part of the abdomen and say, "I am alive forevermore in Christ Jesus."

You have entered the secret place of life. Life charges your mind, flows through your veins, permeates your tissues, every nerve, every muscle, every cell. Your eyes shine, your skin glows, your faculties are sharpened, your whole body radiates health. You are one with

**Life**

life, the Christ life, ever-renewing life. You are alive forevermore in Christ Jesus.

Finally, centering your thought in your feet and legs, affirm, "I walk in paths of righteousness and peace."

The strength and swiftness of God enter into your feet and legs, so that your way is made easy. The light of His intelligence shines around you, so that your way is made plain. His Spirit goes before you, so that your way is made successful. God's way for you is joyous, a way of safety and security. You walk in paths of righteousness and peace.

If you have faithfully followed all the steps of this drill in the silence, you are now fully aware of your oneness with God. From the top of your head to the soles of your feet you feel His tingling life. Your mind is charged with His power. Your heart is lifted up by His love. Your whole being is filled with a new sense of peace and satisfaction. You can affirm in the knowledge that it is true, "I am the Christ, a son of the living God."

*Oneness  
with God*

Now out of the stillness comes the "still small voice," not a human voice, speaking in your native tongue; but the voice of God, which speaks as an inner knowing, a strong conviction, and carries

to the listening heart the assurance that all is well.

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."

**Fulfillment** You have asked, and the Father's good is freely proffered. You have sought, and the way to perfection is revealed. You have knocked, and the doors of the kingdom are open. Fulfillment is yours. The power to bless others is yours. Receive and rejoice!

Truly, "silence is the element in which great things fashion themselves together."

There are many kinds of silence.

There is the drowsy silence of the noonday fields. There is the restless silence of the sleeping city. There is the silence of the grief too deep for tears and of the joy too full for laughter. There is the understanding silence that falls between new lovers and old friends. The movement of the heavens, the growth of living things is silent. There is the silence of human thought.

**The place of peace** But deeper is the silence of the place of peace within you. Deeper is the silence where you commune with God. In the silence is strength for the tired body. In the silence is light for the joyless mind. In the silence is love for the lonely spirit. In the silence is peace for the troubled heart. There workaday worries fade away. There the

whole being becomes a place of prayer, a holy temple set upon a hill. There God becomes a living presence. There you become His son.

And you "shall have some peace there, for peace comes dropping slow,

Dropping from the veils of the morning to where the cricket sings;

There midnight's all a glimmer, and noon a purple glow,

And evening full of the linnet's wings."

## AN INVITATION

### FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph or telephone at BALTIMORE 4720, Kansas City, Missouri, or by letter at Silent Unity, Lee's Summit, Missouri.

## *Communion*

R. H. GRENVILLE

This day I would come to Thee as a  
child, unasking,  
Having no need, bearing no urgent hurt;  
But for Thine own sake draw nigh to  
Thee, rejoicing  
To be Thy child and know Thee as Thou  
art.

My heart is a cup filled full to over-  
flowing  
When I perceive Thy goodness. Let me  
share  
My joy with Thee, acknowledging each  
blessing.  
Today I would make gratitude my  
prayer,

For I perceive how little need of asking  
There is. No wretchedness to heal, no  
gulf  
Of loneliness to bridge. From the be-  
ginning  
Thou gavest all in giving us Thyself.

"WHAT I HAVE, THAT GIVE I THEE. IN THE NAME OF JESUS CHRIST."

**D**O YOU remember what Peter said to the lame man who begged for alms at the door "of the temple which is called Beautiful?" He said: "Silver and gold have I none; but what I have, that give I thee. In the name of Jesus Christ of Nazareth, walk."

And Peter said to the crowd that had gathered around, "Why marvel ye at this man? or why fasten ye your eyes on us, as though by our own power or godliness we had made him to walk? . . . by faith in his [Jesus'] name hath his name made this man strong."

If there is someone we should like to help or bless or heal through prayer, let us, with the faith of Peter, affirm, "In the name of Jesus Christ I bless you." Let us know that God's power works through us to the end that God may be glorified. Our part is to have faith in God, to speak words of Truth and life, to give our blessing where it is needed and with the assurance that God's will for His children is life, strength, power, joy, peace, and prosperity.

✿ *What I have, that give I thee.*—ACTS 3:6.

# Tuesday

FEBRUARY 2

THERE IS A SPIRIT IN ME, AND THE INSPIRATION OF THE ALMIGHTY GIVES ME UNDERSTANDING.

**T**HERE is a Spirit in me that inspires me to clear thinking and intelligent action. This Spirit is God's Spirit, and I realize His presence and power in the silence of prayer.

Whenever I feel that I am called upon to do something beyond my power or my understanding, I silently affirm, "There is a Spirit in me, and the inspiration of the Almighty gives me understanding." Then I am shown what to do and how to do it.

Whenever I doubt my mental power and ability, whenever I feel that it is impossible for me to learn something new or that it is difficult for me to concentrate, I affirm, "There is a Spirit in me, and the inspiration of the Almighty gives me understanding." New wisdom pours through me. My mind is quickened, my thinking is illumined, my power of concentration is increased.

I know that there is a divine Spirit in me, and I call upon and express this Spirit. I am illumined and inspired and guided in all my ways.

☛ There is a *spirit in man*.—JOB 32:8 (A.V.).



# Wednesday

"I WILL FEAR NO EVIL: FOR THOU ART WITH ME."

**Y**EA, THOUGH I walk through the valley  
of the shadow of death,  
I will fear no evil; for thou art with me."

When our hearts are saddened by loss or stricken by tragedy, momentarily we may feel alone or disheartened. But when we remember God, when we lean on Him for strength we are sustained. We are lifted up, we are able to "walk through the valley of the shadow" with resolute faith, with unfaltering courage.

Something in us tells us, even when our sense of loss is great, that all is well in God, that in Him there is no loss, that in Him evil is as a shadow, that in Him all life stands whole and perfect. The Spirit in man, the inviolate Spirit, transcends anything that may happen to him. The Spirit in him is without beginning or end. The Spirit in him is alive forevermore in God.

Our realization of the eternalness of God and His good plan and purpose for His children renews our will to live and lifts us up.

• *I will dwell in the house of the LORD for ever.*—  
PSALMS 23:6 (A.V.).

# Thursday

FEBRUARY 4

THE FREEING, FORGIVING LOVE OF JESUS CHRIST FILLS MY HEART, AND I AM HAPPY AND AT PEACE.

I SHALL not hold to any thought of bitterness or condemnation. To anyone about whom I have held such thoughts I now say, "I forgive you." I no longer resist the thought of forgiveness; I no longer let pride keep me from being charitable and forgiving. I no longer believe that I must uphold my rights, that I must demand my due from others. I let go of all bitterness, all hatred, all feeling of being unjustly treated. I think of them as waters that have passed away. As I let go of these feelings, I affirm the presence of God's love in my heart. I open myself to the forgiving love of Jesus Christ, and a great peace fills me and flows through me. I feel a renewal in my mind and body; I feel a strengthening of faith, a lifting of spirit. I am free.

I see the power of God at work where before I could see only the hurt of injustice. The forgiving love of Jesus Christ transforms me and my life.

✿ *Receive ye the Holy Spirit: whose soever sins ye forgive, they are forgiven unto them.*—JOHN 20:22, 23.

FEBRUARY 5

*Friday*

CHRIST IN ME IS THE SPIRIT OF RENEWING  
LIFE.

**C**HRIST IN me is the Spirit of renewing life. Christ in me is the Spirit of radiant vitality. Christ in me is the Spirit of joy. Christ in me is alive with eternal health and strength.

Every time I surrender myself to Christ within me I open myself to a resurrecting and renewing activity. I now affirm that Christ in me is the Spirit of renewing life, and I feel new life in my body, new strength in my emotions, new peace in my mind.

I let the joyous Spirit of Christ brighten my thinking with the joy of living. I let the loving Spirit of Christ fill my heart with a deep and vital interest in others. I let the renewing life of Christ renew and resurrect every cell of my physical organism.

I am the ever-renewing, ever-unfolding expression of the Christ within.

♣ *They that wait for Jehovah shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint.—ISA. 40:31.*

# Saturday

FEBRUARY 6

"I WILL ARISE AND GO TO MY FATHER."

**I**F WE find ourselves in a "far country" like the Prodigal Son, if we feel separated from God and man, we should not despair. As soon as we remember who we are and what we are, we come to ourselves, and with a new spirit and a new heart we say, "I will arise and go to my Father."

And even while we are yet afar off, even when it seems a far journey to faith, God's Spirit speaks from the midst of us, saying, "My son was dead, and is alive again; he was lost, and is found." We feel the great and compassionate love of God filling our hearts and minds. We are lifted up in spirit; we are made joyful and at peace.

Whenever we feel in the dark or in despair, whenever we feel lost or impoverished, whenever we feel sick in body or mind, let us take the needed step that brings us into the loving presence of God. This step is to come to ourselves, to affirm confidently, "I will arise and go to my Father." It is never too late to turn to God; it is never too late to begin again to live joyously as a true child of God.

✿ *I will arise and go to my Father.*—LUKE 15:18.

FEBRUARY 7

## Sunday

GOD IS LIFE, POWER, AND INTELLIGENCE. HIS SPIRIT IS PRESENT IN ALL MEN EVERYWHERE.

**G**OD created the earth; He created everything on the earth. He is life, power, and intelligence, and His Spirit is present in all men everywhere.

When man opens his eyes to behold God's omnipresent good and His everywhere present life, the spiritual darkness that is man created will disappear. The appearance of evil on the earth can be overcome only by man's remembrance of the omnipresence of God. War, greed, suffering, fear, and hate in the world can be overcome only by man's growth in spiritual understanding.

All of us want a world that is free of evil. "But how can I help?" you may ask. "I am only one of millions." Yes, you are only one, but even one person is a great power for good when he expresses the Spirit of God.

God is life, power, and intelligence, and His Spirit can be called forth to heal men and nations.

✱ *And the work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever. And my people shall abide in a peaceable habitation.*  
—ISA. 32:17, 18.

# Monday

FEBRUARY 8

TODAY I AM FAITHFUL IN LITTLE THINGS.

**T**ODAY I remind myself that the little tasks and routine duties are important. I realize that through these apparently unimportant details of living I am building within myself soul qualities, and I am adding to my spiritual development. The way in which I do the things before me each day and meet annoying little challenges is important.

The experiences of life provide the soil in which my prayers and desires find expression. The law of divine wisdom attracts to me all the experiences necessary for my spiritual growth. Therefore, I look on life with joy. I give thanks for the numberless little tasks that demand my time and energies. I do not complain about them. I do not grumble about my lot in life. I behold in each day's experiences, in each task the opportunities I need to grow strong and happy in the Lord.

Today I am faithful in little things.

♣ *Well done, good and faithful servant; thou hast been faithful over a few things, I will set thee over many things; enter thou into the joy of thy Lord.—MATT. 25:21.*

FEBRUARY 9

## Tuesday

I OPEN MY HEART TO GOD'S LOVE AND ALLOW HIS LOVE TO HARMONIZE MY THINKING AND MY LIFE.

VERY OFTEN we feel that if we are to have harmony in our lives others must change their ways. We watch for evidence of this change, and when it does not come we feel that our prayers for harmony have not been answered.

Harmony is actually an inner state. It has far more to do with the way we feel about others than with the way others feel about us. When we are critical of the way others live their lives or conduct their affairs, we live in a state of inharmony. When we take any attitude that is self-pitying or un-co-operative, we live in a state of inharmony.

However, no one needs to continue in a state of inharmony. No one needs to wait for changes in others in order to experience harmony in himself. Anyone who turns to God and opens his heart to God's love will find his world transformed. Peace and harmony will reign in his life and in all his affairs.

✿ *So then let us follow after things which make for peace, and things whereby we may edify one another.*  
—ROM. 14:19.

## Wednesday

FEBRUARY 10

CHRIST IN ME GIVES ME THE WISDOM AND STRENGTH TO MEET EVERYTHING IN MY LIFE VICTORIOUSLY.

I AM not afraid of or defeated by any circumstance in my life, for Christ in me is my ability to succeed. Nothing is too complicated for Christ in me to solve or to adjust harmoniously. Therefore, I now release to the healing love of Christ all situations that I find disturbing.

If it is a matter of ill-health, I stop thinking and talking about it, and I fill my consciousness with powerful reminders of the healing Christ within me. If it is fear that troubles me, I declare over and over within my heart that Christ in me is my courage and my protection. If the future seems to threaten some imagined or real disaster, I affirm, "Christ in me will be with me tomorrow, even as the Christ is within me today."

Every difficulty, no matter how entangled, I trustingly place in the healing and harmonizing care of the Christ. I never doubt for a single moment that His love is making everything right.

✿ *I can do all things through Christ which strengtheneth me.—PHIL. 4:13 (A.V.).*



FEBRUARY 11

## Thursday

I STIR UP THE GIFTS OF GOD THAT ARE  
WITHIN ME.

EVERY person has the capacity for happy, productive living no matter what he may think are his limitations. Even when we are not able to see how this is true we can take the stand that the capacities are there. We can begin day by day, challenge by challenge to draw forth that which God has implanted within, and new powers and abilities will begin to unfold, powers and abilities that make life beautiful and satisfying.

On the face of things almost anyone can point to some way in which he is limited or handicapped. But he can also point to many ways in which he is blessed. We can give our thought to either our limitations or our possibilities.

We can rise above limitations and handicaps, for God means us to be productive, happy persons. Life can be lived in happiness and creativeness as long as we have this faith in our hearts. We are to let go of every retarding thought about ourselves and to stir up the gifts of God that are within us.

✿ *Neglect not the gift that is in thee.*—I TIM. 4:14.



# What Is Prayer?

ELLA B. FLAGG

Prayer is a song, as our voice we raise  
To God in praise.

Prayer is the blessing that we send  
To absent friend.



Prayer is the joy that we impart  
Straight from the heart.

Prayer is a poem delicately wrought  
From golden thought

Prayer is a dream that reaches far  
And grasps a star.

Prayer is true gratitude outpoured  
To our risen Lord.

## Friday

FEBRUARY 12

I RENEW MY TRUST IN GOD AND GO FORWARD WITHOUT FEAR.

**M**ANY TIMES we feel irresolute; we are torn between two or more courses of action, and we look to other persons to tell us what is the right thing for us to do.

Our one true guide, our one sure guidepost of right action is within us if we only realize it. Other persons can help us greatly, of course. But only we ourselves can develop the inner faith that we need in order to have a resolute spirit, in order to decide courses of action fearlessly and confidently.

On the birthday of Abraham Lincoln it is good to remember these words of his and to apply them to ourselves and to our own lives and affairs: "Let us have faith that right makes might; and in that faith let us to the end dare to do our duty as we understand it. And having chosen our course, let us renew our trust in God, and go forward without fear and with manly hearts."

✿ *But one thing I do, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus.—PHIL. 3:13, 14.*

I RELAX IN GOD'S RENEWING, SUSTAINING  
LOVE.

**M**OST OF us know the importance of relaxation and the physical and emotional peace to be experienced from it, but not many of us know how to relax.

We may think that it is impossible for us to relax, that we have neither the time nor the place for relaxation.

But when we learn to withdraw from the activities and demands of our lives for a few moments each day, turning toward the life-giving Spirit that underlies and pervades all creation, we find that we can relax, that a special time or a special place is not essential.

One of the great advantages of daily prayer is the mental and physical relaxation that we gain through it. In the practice of prayer, in the surrender of the mind and heart to the presence of God, fears are dissolved, tensions are released. Peace permeates our being, and we are filled with faith and confidence. We are able to meet life refreshed, strengthened, and reassured.

• *Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.*—ISA. 26:3.

# Sunday

FEBRUARY 14

*On this Saint Valentine's Day—*

I LOVE EVERYBODY, AND EVERYBODY LOVES ME.

CHILDREN send valentines to one another on this day, and their valentines say, "I love you." Why do not we adults on this Saint Valentine's Day send mental valentines to everyone we know, to everyone we think about, to everyone we meet! Why do we not, for just this one day, say, "I love you," to everybody!

For this one day let us let go of the thought that there is anyone in the world we do not like or who does not like us. For this one day let us keep this thought in our minds and hearts, "I love everybody, and everybody loves me."

If we actually do this, we shall find that it is not so impossible a statement as it may seem on the surface. When we meet the day and all persons with such a thought, we are able to overlook the things that others do or say that seem to be unloving. And even as we send out thoughts of love from a loving heart, we feel loving waves of blessing flowing to us.

♣ *This is my commandment, that ye love one another.*  
—JOHN 15:12.

## MY FAITH IS IN DIVINE JUSTICE.

WE SHOULD identify ourselves with the ideas that we want to establish in our lives.

If we want justice to be a prevailing condition in our lives, we must identify ourselves with the idea of justice. We must believe in justice, not in injustice; and we must be just and fair in our dealings with others. When we align our thought on the side of justice, when we believe in justice and affirm it, we are contributing to the establishment of justice in our lives and also adding to the peace and justice of the world. We feel free and filled with faith when we believe in justice and permit thoughts of justice to predominate in our thought world.

In spite of the fact that there are evidences of injustice in the world, the only way to have justice for ourselves is to believe in it, to expect it, to look for it, and to do all we can to generate it and to call it forth.

• *Whatsoever things are true, whatsoever things are honorable, whatsoever things are just . . . whatsoever things are of good report . . . think on these things.*

—PHIL. 4:8.

# Tuesday

FEBRUARY 16

I MEET THE EXPERIENCES OF LIFE WITH FAITH  
AND UNDAUNTED COURAGE.

**A**N EXPERIENCE that is unexpected may come, but none can come to which I am unequal. In the everyday issues of life and in its unexpected challenges, I have within me a strong Spirit that is capable of victory.

I keep this Spirit in me strong and alive by renewing myself continuously in prayer. Every time I commune with God in the silence of my being I am strengthened in Spirit. Every time I stand strong in the Truth that I know I increase my faith; I increase my power to rise from limiting beliefs and conditions into spiritual freedom and light.

I do not look back with either regret or longing; I do not look forward with the hope of future fulfillment of my desires. I live this day and every day as close as possible to the Spirit within me. In meeting present needs and challenges with faith and courage, I gain a new sense of my oneness with God. I am established firmly in the one presence and power.

✿ *With good courage we say, The Lord is my helper.*  
—HEB. 13:6.



FEBRUARY 17

## Wednesday

MY MIND IS AT PEACE, AND I AM HAPPY AND SUCCESSFUL.

I KEEP a right attitude of mind about myself, my work, and my associates. Rather than seeing things that are wrong, rather than worrying or fretting about conditions, I keep my thoughts stayed on God, the good. I bless all persons and situations.

The Spirit of God within me and around me is strong and loving. As I express His Spirit, I do my work with renewed interest and with greater success. I am free from the weight of worry and I am free from tension or pressure. I do all things in a spirit of courage and enthusiasm.

I am free from any tendency to criticize or condemn myself or my associates. I see myself and others as we are in Truth.

I see God as the loving, providing, all-sufficient source of my good. I see myself as His beloved child.

My mind is at peace, and I am happy and successful.

*In all thy ways acknowledge him,  
And he will direct thy paths.*

—PROV. 3:6.

## Thursday

FEBRUARY 18

I ESTABLISH TRUTH IN MY MIND AND IN MY LIFE "PRECEPT UPON PRECEPT, PRECEPT UPON PRECEPT; LINE UPON LINE, LINE UPON LINE; HERE A LITTLE, THERE A LITTLE."

EVERY time we affirm the goodness of God, every time we apply an idea of Truth to some problem in our lives we are building a stronger consciousness of Truth. We are adding to our spiritual understanding.

We in Unity talk a great deal about divine order. Sometimes we are asked how divine order is to be established in conditions that seem to be past the point of correction. Divine order is established by the application of right thinking. We have to begin with an idea of Truth and apply this idea again and again to the situation that seems confused or hopeless.

Thought by thought, word by word, prayer by prayer we strengthen our faith, we build our consciousness of Truth, we grow in spiritual stature, and the affairs of our lives follow the pattern of our thinking, speaking, and acting. Order and right conditions in mind, body, and affairs are established.

✿ *Precept upon precept . . . line upon line.*—ISA. 28:13.

I AM CENTERED AND POISED IN THE TRUTH.

**C**HARLES FILLMORE says: "In order to realize Truth and to demonstrate it you must live it.

"If anyone appears careless, simply deny it and affirm order and harmony. Allow nothing in the external to disturb your poise and dominion. That is the way of love. When you refuse to see negative things they will disappear, and you will be surprised to see how you will change. Your mind, body, and affairs are the expression of your thoughts, so if you are not happy, change your mental habits. This may not seem practical to you at first, but if you will faithfully practice the Golden Rule and send only thoughts of love to everyone, you will witness practical results. You can cultivate the habit of seeing the good, the true, the bright side of every subject, and when with your friends you can bring this side out in conversation, thus keeping yourself positive and poised, and at the same time sowing the seed of Truth in the minds of others."

✿ *All things therefore whatsoever ye would that men should do unto you, even so do ye also unto them.*  
—MATT. 7:12.

# Saturday

FEBRUARY 20

I AM UNDER THE LAW OF DIVINE LOVE. I CAN  
BEGIN AGAIN.

I AM under the law of divine love. I can begin again. Even though it seems to me that my life and affairs are in such a confused state that I cannot see a good outcome, God's law of good is working in and through me and my affairs to bring about orderly, happy, and right conditions.

I do not allow myself to continue thinking of myself as a failure or of my life as hopeless. I remember that I am a child of God, that He loves me, that He has created me to fulfill His good purposes and plans, to be an expression of Him.

I say to myself that no matter what has gone before I can begin again. I can remake my life. I can rise out of the old ways into new and better ways. I can transform unhappiness into happiness, inharmony into peace, sadness into joy, regret into rejoicing.

I can begin again, for God is with me and He loves me.

✿ *Wherefore if any man is in Christ, he is a new creature: the old things are passed away; behold they have become new.*—II COR. 5:17.

## Sunday

I PRACTICE THE LAW OF GIVING AND RECEIVING, AND I AM BLESSED WITH ALL THAT I NEED TO MAKE MY LIFE HAPPY AND COMPLETE.

**T**O GIVE our money for a good cause is most praiseworthy, but we do not experience joy in giving unless every gift is accompanied by our blessing.

Sometimes a person gives generously, but from a sense of duty rather than from thankfulness in his heart. So there is little joy or satisfaction for him in his giving.

When we fulfill the law of giving and receiving, we give in a spirit of joy and thankfulness. We give in love; we give every gift with a blessing. In return, we receive a continuous flow of God's good into our lives.

The law of giving and receiving can be fulfilled through us as we build into our hearts and minds feelings of love, joy, praise, and gratitude for the outpouring of God's good upon us. Then the flow of our gifts, both material and spiritual, carries the stamp of God's approval and returns to enrich and to make happy our lives.

♣ *I will . . . pour you out a blessing.*—MAL. 3:10.

# Monday

FEBRUARY 22

I APPLY ALL THE POWERS OF MY BEING TO THE WORK THAT IS MINE TO DO, AND GOD BLESSES AND PROSPERS MY WAY.

WE SHALL not be dissatisfied with ourselves or our progress in life if we put ourselves wholeheartedly into living, if we concentrate on the thing at hand, if we follow through on the tasks that are ours and do them as thoroughly and perfectly as we know how.

The results are more than a job well done. They include a feeling of satisfaction and an appreciation of our own true worth. They include a greater ability to perform; for in doing we learn, and in learning we perfect our skills and abilities.

George Washington once said, "Whatever is worth doing at all is worth doing well."

It does not matter so much what we do, but it does matter how we do it. As we do all things as unto the Lord and with our whole heart and mind, as we concentrate the powers of our being on the present work, we cannot help but be prospered and blessed. We cannot help but be successful.

☛ *Arise and be doing.*—I CHRON. 22:13.

## Tuesday

"I'M HEALED, PRAISE GOD, I'M HEALED,  
THROUGH JESUS CHRIST I'M HEALED."

**T**HINK of yourself as being with us in Silent Unity this morning, reading today's lesson, and praying with us for healing.

Sit quietly with your eyes closed and think of these words:

"I'm healed, praise God, I'm healed,  
Through Jesus Christ I'm healed."

Feel the healing power flowing in and through you. Give thanks with all the faith of your mind and heart that God's power is mighty to heal, that it is instant in action, and that no condition is impossible with Him.

Think of someone you should like to see strengthened and healed. Bless him with the words:

"You're healed, praise God, you're healed,  
Through Jesus Christ you're healed."

Know that God's Spirit is in him, mighty to renew and to restore.

Silent Unity is with you in spirit and in prayer. Together we can say, "We're healed, praise God, we're healed!"

♣ *The prayer of faith shall save him.*—JAMES 5:15.

## Wednesday

FEBRUARY 24

THERE IS NO CRITICISM OR CONDEMNATION IN ME, FOR ME, OR AGAINST ME. I AM UNDER THE LAW OF DIVINE LOVE, AND ALL IS WELL WITH ME AND MY WORLD.

WE CANNOT be free and happy, we cannot be productive channels for good if we give the substance and the energy of our minds to worrying about the impression we are making on others. There are some persons who are so bound by fear of criticism or gossip that they cannot mingle freely and happily with their friends and associates.

Most of our feelings that others are criticizing us or talking about us are of our own making and must be overcome within us. The affirmation for today helps us to establish a free and a right feeling within ourselves. When we affirm, "There is no criticism or condemnation in me, for me, or against me," we are ridding our minds completely of the belief that we or other persons are under condemnation. When we affirm, "I am under the law of divine love," we are placing the emphasis of our thought on the constructive side, we are aligning ourselves with God.

✿ *I will put my laws on their heart.*—HEB. 10:16.



FEBRUARY 25

## Thursday

WITH FAITH IN GOD I ASK FOR AND EXPECT  
PEACE, HEALTH, AND PROSPERITY.

**I** LET go of all doubt and fear and begin this day with unshakable faith in God. I do not limit God. If I have to see the way first or have proof of God's goodness, I do not really have faith in Him. So I lay aside all fear and doubt, remembering that Jesus Christ asked us to believe in Him and in God's power.

This day I believe in God with my whole heart, mind, and strength. I believe in His presence and power. I think about and expect peace and harmony where there seems to be discord.

I think about and expect health where there seems to be illness.

I think about and expect abundant supply where there seems to be lack.

With complete trust in God I ask for and expect peace, health, and prosperity.

I act on my belief by laying aside all fear, all belief in limitation, by seeing only the good.

Everything in me and my world responds now to my faith in God.

✽ *Now faith is assurance of things hoped for.*—HEB. 11:1.

# Friday

FEBRUARY 26

"BE STILL, AND KNOW THAT I AM GOD."

IF I am living or working under tension, I need to return again and again to the place of stillness within me.

My moments of prayer can begin and end with the thought, "Be still, and know that I am God." Whenever I am inclined to feel the pressure of my work, whenever I find myself irritable or impatient with myself or others, I remind myself "Be still, and know that I am God."

"Be still, and know that I am God." I speak these words to my body—to the nerves, the cells, the muscles. I bless my body with a thought of peace and quietness. I find rest and release even in the midst of activity.

"Be still, and know that I am God." I speak these words to my mind. I call the troubled thoughts to order. I say, "Be still, be still."

"Be still, and know that I am God." I speak these words to my heart. Restlessness, unhappiness, turbulent emotions are quieted, and my heart rests in the stillness, in the love of God.

*Be still, and know that I am God:  
I will be exalted.*

—PSALMS 46:10.

FEBRUARY 27

## Saturday

I SEEK TO EXPRESS LOVE IN EVER GREATER MEASURE.

IT IS easy for most of us to express love toward our families and our friends, for there is a reciprocation of affection that warms our hearts and helps us to feel that we are an important part of their lives.

But we need to express love in a deeper sense. We need to express the kind of love that God expresses toward us, the kind of love that stands always on the giving side, asking no reciprocity, no reward—love for love's sake.

This is the kind of love that Jesus spoke of when He said, "Love your enemies, and pray for them that persecute you."

This kind of love makes great demands of us, and we may wonder sometimes about its value. But anyone who has developed the capacity to express this kind of love knows a deep sense of joy. To be able to meet what seems to be unjust treatment with a sincere desire to understand and to help rather than to strike back or retaliate is to express the kind of love toward others that God expresses toward us.

• *Love your enemies, and pray for them.*—MATT. 5:44.

# Sunday

FEBRUARY 28

I HAVE NO FEAR. I ENTRUST MY LIFE TO GOD.

**D**EAR FRIEND, do not be afraid. Remember that you are filled and surrounded with the mighty, protecting love of God. You live, move, and have your being in His all-in-folding light. There is no place in all this universe where God is not present. So what is there to fear? No matter where you find yourself at any moment of the day or night, you have constant access to His guiding wisdom and healing love within you.

Therefore, if at times fearful thoughts arise in your mind and your impulse is to give up in despair or to run away, stand still right where you are. Relax your body as much as possible. Breathe deeply and slowly, and declare: "God is with me now. I trust Him." Keep repeating these words no matter how much fear tries to gain a foothold in your consciousness. As you quietly persist in thinking of God, every fear will be completely dissolved in His love.

*God is our refuge and strength,  
A very present help in trouble.  
Therefore will we not fear.*

—PSALMS 46:1, 2.

## *This Month* IN UNITY



### The Perfect Valentine for a Child

Most of us know some boy or girl who expects a valentine from us. These children may not be our own, but they look to us to make holidays and birthdays really special. For that child you love, *Wee Wisdom* is the perfect valentine gift, for it not only delights the child but helps him to grow into a fine adult.

A mother recently wrote to the Editor of *Wee Wisdom*: "My children have just received their first copy of *Wee Wisdom*. I am so pleased with this children's magazine I had to write and let you know. The stories are just what my four children love, and I am so glad for the help I will receive from them in trying to build four good, clean characters. I am especially glad for the Bible stories and the touch of God and goodness on almost every page. It is just what this generation needs."

Gift subscriptions ordered now will begin with the gay February issue which contains the story "A Valentine for Mother," by Marcia Morgan; "Valentines all Year," a poem by Jane Keith; instructions for making a unique valentine; and

many other features that will delight any child. Order a subscription today for the boy or girl you love. *Wee Wisdom*, printed on fine paper and gay with color, is priced at \$2 for a year's subscription.

### **How Do You Use Your *Daily Word*?**

Those of you who sometimes are called upon to lead devotional services in your church group or club will be interested in this letter, which comes from a Unity friend in California.

"I think it might be of interest to you to know that I am the devotional chairman of our Circle Four, a part of the local Community Church Women's Guild. We meet once a month, and each time I lead in a short devotional service. I always use a reading from DAILY WORD to set the pattern of their thinking for the day.

"There are about twenty members of many different faiths and I have recently discovered that nearly all of the members are now subscribing to DAILY WORD to help them personally. I was very glad to hear this, because DAILY WORD has been a life-saver to me, and I feel that I have truly grown in spiritual grace through using it."

Do you have a practical use for your DAILY WORD that may not have occurred to others? If you do, write and tell us about it. Your letter may help someone else with his problems.

## DIRECTORY OF UNITY BOOKS

(These books are \$1 each unless otherwise stated)

### FOR BEGINNERS

A More Wonderful You  
Beginning Again  
Favorite Unity Radio Talks  
God a Present Help  
God Is the Answer (*Dutch or English*)  
How I Used Truth (*German or English*)  
Lessons in Truth (*Italian, English, French, German, Russian, Spanish, Dutch*)  
Letters of Myrtle Fillmore  
Lovingly in the Hands of the Father  
New Ways to Solve Old Problems  
Prove Me Now  
The Great Physician  
Things to Be Remembered  
Whatsoever Ye Shall Ask

### FOR HEALING

Christian Healing (*English or German*)  
Divine Remedies  
Jesus Christ Heals  
Truth Ideas of an M.D.  
You Can Be Healed

### FOR THE HOME

You and Your Child (*English or French*)

### FOR PROSPERITY

As You Tithe So You Prosper (50¢)  
Both Riches and Honor (*French or English*)  
Prayer in the Market Place  
Prosperity  
Prosperity's Ten Commandments  
Working with God

### FOR INSPIRATION

Best-Loved Unity Poems  
Be of Good Courage  
Mightier than Circumstances  
Prayer Changes Things  
The Household of Faith (\$5)  
The Sunlit Way

### FOR DEVOTION

Bible, American Standard Edition (\$6.50)  
Book of Silent Prayer (50¢)  
Keep a True Lent  
Effectual Prayer  
The Silence (50¢)

### FOR ADVANCED STUDY

Atom-Smashing Power of Mind  
Christ Enthroned in Man  
Have We Lived Before?  
Know Thyself  
Metaphysical Bible Dictionary (\$5)  
Mysteries of Genesis  
Mysteries of John  
Selected Studies  
Talks on Truth  
Teach Us to Pray (*English or French*)  
The Twelve Powers of Man  
What Are You?

### FOR CHILDREN

Adventures of the Seven Spartans  
Barky and His Friends  
Crybaby Kangaroo  
Jet's Adventures  
Jet and the New Country  
Jet's Choice  
Teach Me to Pray  
Thank You, God



## THE THIRD DIMENSION IN BIBLE STUDY

Today, people are talking about the new three dimensional pictures. These pictures have a wonderful depth and life-like quality that are lacking in the old, two-dimensional type. Of course, you know this; but you may not know that there is a rewarding third dimension in Bible study which is relatively unexplored. By examining the Bible from the metaphysical standpoint, you can discover this third dimension for yourself and find an even richer interpretation of this richest of all books.

To illustrate the three dimensions of Bible study, let us examine the parable of the prodigal son. It is, first, a classic story told with power and grace. It is, second, the allegorical tale of all who turn from God after worldly things, and later turn again home. Third, from the metaphysical standpoint, it is a sweeping drama played on the stage of the mind, in which the two sons represent the two phases—human and spiritual—of the soul and each smallest detail is richly vested with symbolic meaning.

For those who wish to explore the third dimension in Bible study, Unity publishes two aids. The *Unity Sunday-School Leaflet*, also useful for teaching young people, is mailed monthly in packages containing a *Leaflet* for each Sunday in the month plus a "Teachers' Section." Subscriptions are priced at \$1 a year. The *Metaphysical Bible Dictionary* contains 706 pages that explain thousands of perplexing names and terms. Bound in handsome brown Keratol, this book is \$5 a copy. Send for these aids today, and discover the third dimension in Bible study.

**UNITY SCHOOL OF CHRISTIANITY**

LEE'S SUMMIT, MISSOURI



EVERYONE LIKES THE NEW

*You*

Since the format of *You* magazine was changed last September, dozens of letters have poured in to applaud the change. One girl in California wrote: "I get *You* magazine every month. I enjoy it very much, especially in its new form. It is easy to carry around to show to friends. When I am reading a story, instead of turning several pages to finish it, I can find the rest on the next page. Also it makes a neater magazine and it is easier to read."

Everyone likes the new, pocket-size *You*. Teen-agers like it because it is a bright and up-to-the minute publication filled with fascinating stories and features, and parents like it because it helps young people to live happier and more successful lives. Here are some features of the February *You*:

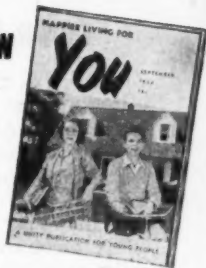
"Champ and/or Chump?" a basketball story by Jay Worthington

"Friends: Yours if You Want Them," by James A. Decker

"So You Have a Date," by Lawrence Washington Rakes

"Rhythm and Rhyme," a new column which publishes poems by *You* readers under 21

*You* is the perfect valentine for any teen-age boy or girl. Order a subscription today; the magazine is priced at only \$1 a year.



UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

## YOUR DIVINE INHERITANCE

Most of us consider as very fortunate the people who expect to come into an inheritance at a certain age or a certain time. And often we mistakenly envy them and wish that we ourselves had some such good fortune to look forward to. The truth is that all of us do have an inheritance—a divine inheritance that comes to us from God, the Father.

We can learn how to claim our inheritance through believing in and living by God's divine law of prosperity. The Unity Prosperity Bank plan, successful in the lives of thousands of Truth students, helps you start to practice this law, to understand it and rely on it, and thereby to establish a claim to the divine inheritance that is yours. You may order a Prosperity Bank, with full instructions for use, by sending in the coupon below.

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Unity School of Christianity, Lee's Summit, Mo.

Please send me a Prosperity Bank and ask Silent Unity to pray with me for a successful demonstration. I will use the drill seven weeks and save \$3 for the three **DAILY WORD** subscriptions (one year each) listed below:

1. Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_
2. Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_
3. Name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

SENDER'S NAME \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

Please indicate postal zone number, if cities are so divided. D-2-54

## FIND A NEW MEANING FOR EASTER



Last year for the first time, Unity students used the new book, *Keep a True Lent*, by Charles Fillmore, in the Unity Lenten Program. Many wrote to Unity headquarters to tell of the inspiration and blessings they received.

One Truth friend in New Jersey wrote: "I am so glad I ordered *Keep a True Lent*. It has truly added a new meaning to Easter this year." And Unity friends everywhere overwhelmingly approved this new book compiled especially for Lenten use. *Keep a True Lent* contains:

1. Forty-seven inspiring lessons—one for each day of Lent from Ash Wednesday (March 3) to Easter Sunday (April 18).
2. Seventeen wonderful introductory chapters.
3. Interesting facts about Lent and its origin.
4. A foreword by Georgiana Tree West on Unity's approach to Lent.

You are cordially invited to take part in the Unity Lenten program this year. Write to Unity for your copy of *Keep a True Lent*, priced at \$1; with it you will receive the booklet "The Lenten Guide" without charge. If you already have the book, write for your free copy of the guide. Mail your order now and be sure of having your book and guide by March 3, when Lent begins.



UNITY SCHOOL OF CHRISTIANITY  
LEE'S SUMMIT, MISSOURI

## *Sea Voice*

JAMES DILLET FREEMAN

The crying of the gull, the channel bell,  
The surf, the wind—the sea's voice is in  
these;

What truth is the sea saying? Who can tell  
Save him who has a spirit like the sea's?

The deep calls to the deep. The boundless sea  
Speaks to the boundlessness that is in you.  
The sea, the trumpet of infinity,  
Cries that the Infinite is in you, too.

O mariner for God, beyond the shore  
Of self are seas not marked in any chart,  
Depths of the spirit never dared before,  
A new dimension for your landlocked heart.

It is not only wind and surf you hear,  
The Infinite is thundering in your ear.

